

ABSTRACT OF THE DISCLOSURE

The focal point detection method detects focal point dislocation of a coupling objective lens in accordance with a light beam passing a 60 % to 80% region of a light beam effective diameter, which is centered with respect to an optical axis OZ of a light beam passing through the coupling objective lens, and which is regulated by a numerical aperture of the coupling objective lens. In this manner, focal point dislocation of a converging optical system can be performed without an offset, thereby accurately forming a focal point of the converging optical system on an information recording layer of an optical recording medium.

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